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Bangalore Mirror

TEMP Max 26 | Min 22 | Humidity 81% Scattered thunderstorms Sensex 83,952 | Nifty 25,709 | Gold 1,30,701 | Silver 1,66,380 | Dollar 88.03 | Euro 102.78 | GBP 118.05

DEEPAVALI GREETINGS

Glimpse of how city is preparing for festival and also how some citizens are trying to make it easier for our best friends too

PAGE 2

STOP PLEASE

As BMTC passengers report buses not halting at some designated stops, officials' excuse of traffic congestion not telling whole story

PAGE 5

Not only does city record highest number of men lost to accidental deaths among metros, its gender skew is most pronounced too — with men:women ratio of deaths being 5:1

IN THE LINE OF FIRE

Mounting traffic, extensive construction activity contributing to higher risks

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Bengaluru reported the highest number of male accidental deaths among Indian metros, according to the latest National Crime Records Bureau (NCRB) report. The data shows a startling gender imbalance: for every one woman who lost her life in an accident, five men died. The city recorded 4,414 accidental deaths, including 3,696 men and 718 women, making Bengaluru not only the leader in overall fatalities but also a city where the gender skew in accidental deaths is more pronounced than anywhere else in the country.

While accidental deaths are a grim reality across Indian cities, Bengaluru's numbers are exceptionally high. Delhi, which has a larger population and more chaotic traffic patterns, reported 3,508 deaths (3,104 men and 403 women). Chennai's toll was 1,110, Hyderabad just 491, and even industrial hubs like Ahmedabad (2,092) and Kanpur (2,242) remained well below Bengaluru. This trend reveals that Bengaluru's urban dynamics—rapid growth, mounting traffic, and extensive construction activity—are contributing to higher risks, especially for men.

> **"Inadequate road infrastructure, weak enforcement of traffic laws, a rise in reckless driving, insufficient worker safety in construction sites, and lack of systematic public safety campaigns are behind these figures**
>
> —Urban planning expert

The NCRB's data reflects a consistent national pattern: men are more likely to die in accidents than women. But Bengaluru's gap is unusually wide. Experts attribute this to occupational and lifestyle

CONTINUED ON PAGE 8 »

Click to report minor scrapes

e-accident report feature on ASTraM app will allow motorists to report to police without waiting for officers to reach spot

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Every day, traffic police across Bengaluru issue around 150 to 200 accident acknowledgment slips, documents required for insurance claims in minor accident cases. Many motorists involved in minor scrapes often remain on the road waiting for the police, fearing that leaving the spot might result in legal complications.

To eliminate such issues, the traffic police have decided to take the digital route. With the introduction of an E-Accident Report feature on their ASTraM mobile application, traffic police are allowing motorists to report minor accidents instantly without visiting a traffic police station or waiting for officers to reach the spot.

The feature is part of traffic police's larger effort to make accident reporting faster, paperless, and citizen-friendly, while also reducing traffic snarls caused by vehicles waiting at accident sites for official verification.

Officials said the new digital system aims to eliminate long waiting hours and unnecessary station visits.

"People still think they must wait for

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Let the learning begin

Eklavya School invites children aged 2–10 and their families to the Eureka Eklavya Festival, a day of hands-on fun, creativity, and learning.
Where: Eklavya Early Years, Yelahanka; When: November 8, 10 am to 4 pm

02 Shopping spree

'Salaam Souk', hosted this year with the theme of 'Habibi, welcome to Dubai', inspired by the glamour, opulence and vibrancy of the Middle East, presents an exclusive shopping experience.
Where: Jayamahal Palace; When: Nov 8, 1 pm

03 Music magic

Adnan Sami will be taking the stage for an unforgettable performance set to take the audience on a melodious journey.
Where: Phoenix Marketcity, Whitefield; When: November 9, 7 pm

04 Crafted tradition

Experience a vibrant celebration of India's handloom heritage at The Grand Rajasthani Exhibition, which brings together master weavers and skilled artisans from across the country.
Where: Sri Someshwara Sabha Bhavana, JP Nagar; When: Until Oct 22, 10.30 am to 8 pm onwards

05 Women who made history

The Auroville Theatre Group is presenting 'Call me Devika', a play about Devika Rani, who co-founded Bombay Talkies, one of India's earliest film studios, with her husband Himanshu Rai. The play is the first in a longer series exploring the inner lives and legacies of forgotten women who shaped history in invisible ways. **Where: Jagriti Theatre, Whitefield; When: October 31, 3.30 pm and 7.30 pm**

Goodbye to offline exams: K'taka prepares for computer-based TET

Teacher Eligibility Tests (TET) in Karnataka are entering the digital era, as BEd graduates will now take the test online. The government has initiated preparations to conduct the Computer-Based Test (CBT) through centralised systems, ensuring more transparency and efficiency. The move to online testing follows growing concerns over irregularities in traditional offline exams. Officials believe this digital shift will help identify genuine candidates and bring credibility to the selection process. The Education Department plans to conduct the TET through authorised computer centres across districts, with registration, verification, and result processing all managed online. The proposal submitted by the Department of School Education has already received official approval. With nearly 2.5 lakh aspiring teachers taking the TET annually, authorities expect this modernisation to streamline the entire process. Each year, many complete their BEd degree from government and private colleges—now, their journey to becoming teachers will begin with a secure, fully digital test. **— BMB**

Festive fervour

Bengaluru buzzes with festive spirit as people crowd local markets, shopping for sweets, diyas, firecrackers and colourful Diwali decorations

Community kindness lights up this Deepavali

Citizen group works towards providing dogs with safe shelter during festivities, while also ensuring that people are informed of government rules through awareness drives

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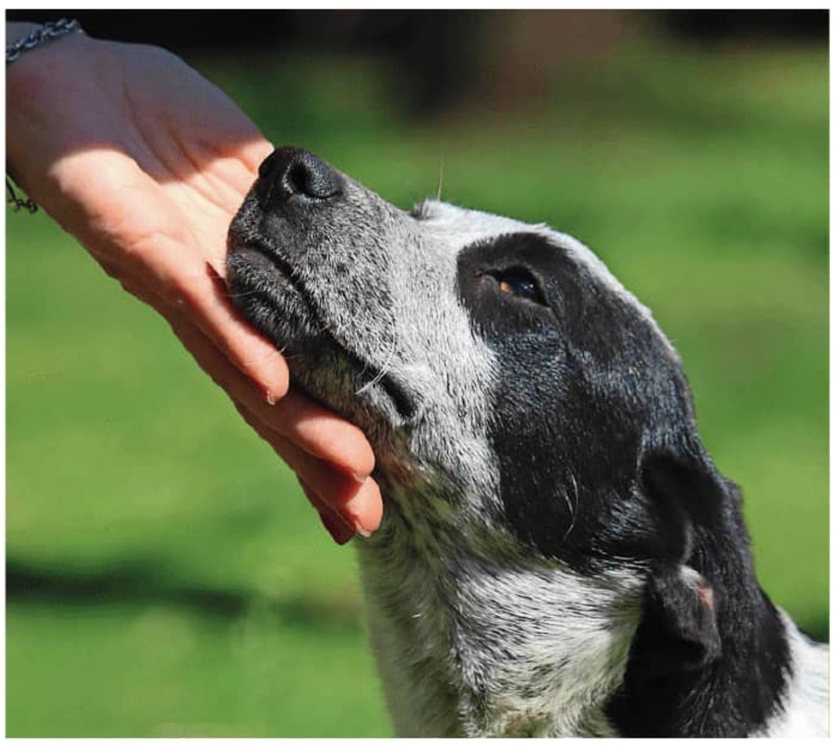
Animal lovers across Bengaluru are stepping up to protect the city's street dogs from the stress and fear caused by loud fireworks during Deepavali.

One such initiative is led by the Miniforest Commune in the Miniforest Park area of JP Nagar 3rd Phase, where residents have joined hands to ensure a safe and peaceful festival for their four-legged companions.

At the Miniforest Commune, which cares for around 150 dogs by vaccinating, sterilising, feeding, and ensuring their good health, residents also work to keep the community safe for both animals and humans. During Deepavali, the community identifies dogs that are scared and have a tendency to run, fits them with numbered collars, and boards some at safe spaces like Jeeva, Pawsome Bunker, and Cartman. Gumball, one of their senior dogs, went missing and was found multiple times during the festival season, having travelled as far as 10 km—an experience that made residents realise just how stressful the festival can be for animals. This prompted the community to create a safer environment for the dogs of the neighbourhood.

Residents keep gates open, offering refuge to frightened dogs and cats seeking shelter. Prathima, a resident, said, "I will leave food out and keep the gate open as well, so that any dog can take shelter." She said that she plans to do the same on all festival days.



Animal lovers are joining hands to ensure safer, stress-free Deepavali for dogs

A corporate lawyer in the area hosts at least five to six scared dogs inside her home, including Gumball. Even former CM, HD Kumaraswamy's residence there, is a safe haven for dogs during the festival.

"I love spending time with three to four lovely community dogs in my space, Untitled. It's as enjoyable as hosting artists in our space," said HR Anuradha, founder of Untitled and a member of Miniforest Commune.

Other initiatives include identifying empty gated compounds to keep one or two dogs together during the peak cracker-bursting hours. Owners of empty compounds in the Miniforest community allow a few dogs to be sheltered safely during the festival. The dogs are fed inside and released afterward, returning peacefully to their usual spots, said Usha Manjunath, another resident. "We, as a community, also feed the dogs early, well before the crackers go off, and ensure they have access to clean drinking water," she said.

Animal lovers are going door-to-door spreading awareness about the Deepavali guidelines issued by the Karnataka State Pollution Control Board (KSPCB), which mandates that crackers be burst only between 8 pm and 10 pm on October 21 and 22, and that only green crackers be used to minimise pollution.

Priya Chetty-Rajagopal from CJ Memorial Trust shared that for the past seven years, the organisation has been advocating at a macro level—with the Pollution Control Board, police, and environmental authorities—since the Supreme Court's 2018 orders. She emphasised that their appeal is not just for animals, but also for the vulnerable, including the elderly, the sick, and children. As part of their campaign for a responsible Deepavali, the Trust is distributing posters urging citizens to call emergency number 112 in case of violations, and to ensure all dogs—including community dogs—wear collars with names and contact numbers, as many animals tend to flee in panic during this time.

"We ourselves have privately boarded several of our street dogs who suffer during this time. This is not a long-term feasible solution, but we have to do what we have to do," she said, adding that it is essential that officials understand that they are liable if Supreme Court orders are violated. She urged citizens to call 112 in case of noisy crackers or breaches of the permitted time window. "When will people realise that Deepavali is a festival of lights, not a festival of crackers?" she said.

With such initiatives, communities are showing that Deepavali can be celebrated with compassion, ensuring joy not just for people, but for the city's furry companions too.

RSS told to seek permission again for its march on Nov 2

HIGH COURT

In a special sitting held on Sunday, the Karnataka High Court directed the Rashtriya Swayamsevak Sangh (RSS) convenor for Kalaburagi, Ashok Patil, to submit a fresh application seeking permission to conduct a Pathasanchalana (route march) in Chittapur town on November 2.

The order came after the petitioner approached the court challenging the authorities' inaction on an earlier application seeking permission to hold the march on October 19. The plea was later amended when the Executive Magistrate, through an order dated October 18, denied permission citing possible overlap with other public rallies scheduled in the same area and time.

Justice MS Kamal, who heard the matter, asked the petitioner whether the march could be organised on a different date. Senior advocate Arun Shyam, appearing for the RSS, submitted that November 2 would be suitable. Advocate General Shashikiran Shetty, representing the State, assured the court that an appropriate venue would be designated for the event.

The petitioner's counsel further told the court that the RSS was committed to maintaining peace and public order.

"Nearly 250 route marches have been conducted across Karnataka without any incident. The organisation will ensure that harmony is preserved and full cooperation is extended to the State, including deployment of volunteers," the counsel stated. The bench recorded this assurance as an undertaking.

Directing further steps, the court ordered the petitioner to file a fresh application detailing the route, location, and timing, and to respond to queries raised earlier by the authorities. The application must be submitted to the Deputy Commissioner of Kalaburagi, with copies to the Taluka Executive Magistrate and the police. The State was instructed to review the proposal, suggest a suitable route, and submit a report to the court by October 24.

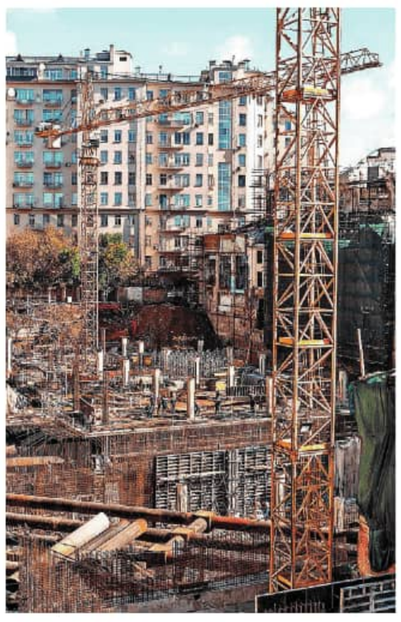
Importantly, the bench observed that there was no specific statutory provision mandating prior permission for peaceful marches or demonstrations, apart from judicial precedents and sections of the Karnataka Police Act.

Citing constitutional principles, the court said the rights to assemble and move freely stem from Articles 19(1)(b) and 19(1)(d) of the Constitution, subject to reasonable restrictions.

The matter will be heard next on October 24 at 2.30 pm. **BMB**

Building plans must follow norms during approval stage

Using rules at time of application can lead to administrative uncertainty, says court



The Karnataka High Court has ruled that the norms governing the sanction of a building plan must be those in force at the time of approval, and not those prevailing when the application for approval was first submitted.

A single-judge bench of Justice Suraj Govindaraj made this observation while dismissing a writ petition filed by a property developer who had challenged the rejection of his building plan by the municipal authorities. The petitioner had argued that his application, filed before amendments were made to the relevant building by-laws, should be considered under the earlier norms.

Rejecting this contention, the court held that mere submission of an application does not create a vested right in favour of the applicant. "The rights of the applicant crystallise only when the competent authority accords approval to the building plan," the court observed. Justice Govindaraj noted that if authorities were bound by the rules in force at the time of application, it would lead to administrative uncertainty and potential misuse, as applicants might delay compliance by citing outdated regulations.

The bench further stated that the planning authority has a statutory obligation to ensure that every construction proposal complies with the rules and zoning regulations existing on the date of sanction. "The law cannot remain static to the detriment of public interest. Urban planning must reflect the current policy and regulatory framework," the court remarked.

The judgment emphasised that building permissions are not merely procedural clearances but instruments to enforce orderly urban development. "If the sanctioning body were to rely on obsolete norms, it would defeat the purpose of later amendments that aim to improve safety, environmental standards, and civic amenities," the order said.

Accordingly, the court upheld the decision of the municipal body to reject the petitioner's plan, as it violated provisions introduced through a subsequent amendment to the building by-laws. The ruling reaffirms the principle that applicants must adhere to prevailing regulations at the time of final approval, ensuring consistency with evolving urban governance norms.

Legal experts have noted that this decision could have far-reaching implications for developers and property owners across the State, particularly in rapidly expanding urban areas where building regulations are frequently revised to address changing infrastructural and environmental needs. **BMB**

"The law cannot remain static to the detriment of public interest. Urban planning must reflect the current policy & regulatory framework

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90% land secured for Mallige Line as K-RIDE speeds up work

K-RIDE fast-tracks land acquisition for Corridor-2 after L&T's exit, ensuring readiness for new tender and uninterrupted Suburban Rail progress

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Commuters may soon see faster suburban rail progress as K-RIDE completes key land formalities for the Mallige Line, paving the way for uninterrupted construction and timely suburban connectivity

The Rail Infrastructure Development Company (Karnataka) Limited popularly known as K-RIDE, the nodal agency implementing the Bengaluru Suburban Rail Project (BSRP) is expediting the land acquisition process for Corridor-2 (Baiyappanahalli–Chikkabanavara) to ensure full readiness before the new civil works tender is floated. Nearly 90% of the land required for the 25-km Mallige Line has already been acquired. Sources said K-RIDE has almost completed the acquisition process for this priority corridor under the BSRP. Of the total 2,264 sq mtrs needed, notices have been issued across Mahadevapura, Kasaba, and Yeshwanthpur hoblis in Bengaluru East and North taluks. The breakup includes 396.1 sq mtrs in Mahadevapura, 1,027 sq mtrs in Kasaba, and 840 sq mtrs in Yeshwanthpur covering over 90% of the total area.

South Western Railway has transferred 157 acres to the project. Additionally, K-RIDE has completed the acquisition of 5.45 acres of private land and 7.38 acres of defence land. Of the 9.25 acres of government land required, 7.99 acres have already been secured.

Officials said the urgency stems from previous delays that affected project timelines. The initial civil contractor, Larsen & Toubro (L&T), which held contracts for Corridor-2 and Corridor-4 (Heelalige–Rajankunte), withdrew midway citing delays in land handover. To avoid similar setbacks, K-RIDE has begun a fresh tender process and aims to complete all land acquisition formalities before awarding the new contract, ensuring uninterrupted construction progress.

At present, around 30% of the overall work on the Mallige Line has been completed. Construction of 330 piers along the route is done. Relocation of power lines between Yeshwanthpur and Chikkabanavara (8 km stretch) has been completed, while water, sewage, and gas pipeline (GAIL) shifting is ongoing.

"In the Mallige route, 43 minor bridges have been completed, 17 are partially done, and three are under construction. At Jalahalli, a 500-metre boundary wall for the Indian Air Force premises has been built. Major bridges between Banaswadi and Hebbal have passed load testing, while the reconstruction of the road overbridge between Yeshwanthpur and Chikkabanavara is halfway through," an official said.

Residents reclaim Kasavanahalli footpath, demand cleaner, safer pedestrian spaces

Volunteers and residents unite to beautify black spots, urging authorities to clear encroachments and create pedestrian-friendly, safe neighbourhood streets.

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Residents and volunteers joined hands with BBMP pourakarmikas and marshalls to reclaim encroached stretches and restore neglected footpaths for pedestrian safety

Residents of Kasavanahalli and Sarjapur Road on Saturday reclaimed the much-needed footpath and beautified black spots to promote sustainable mobility. A group of volunteers from the Kasavanahalli Development Forum (KDF) took the lead in sprucing up the stretch to prioritise walkability, last-mile connectivity, and sustainable transport. The initiative, part of the "Walkable Kasavanahalli Road" campaign, aims to enhance pedestrian and commuter safety along one of Bengaluru's busiest corridors. It also aligns with a broader plan to rejuvenate the Outer Ring Road–Sarjapur corridor through an integrated mobility approach.

"The failure of the Greater Bengaluru Authority (GBA) to clear encroachments is baffling. Three pedestrians have met with accidents on this road due to the lack of proper footpaths. We have reclaimed part of the stretch, but nearly 2,800 metres remain encroached," said Vishnu Prasad of KDF. He urged civic officials to ensure that footpaths remain accessible and free from obstructions.

The clean-up and beautification drive saw active participation from Bengaluru East City Corporation (BECC) staff, including pourakarmikas and marshals, who joined hands with citizens to reclaim pedestrian space. "My family and I took part in the event. It feels good to contribute to our neighbourhood. I hope the authorities permanently clear all encroachments," said John Seshan, a local resident.

Rajesh Vilas B from KDF highlighted that senior citizens are particularly affected by blocked walkways. "Volunteers and citizens have done their part. Now, it's time for the authorities and traffic police to ensure footpaths are usable and safe for everyone," he said. Appreciating the collective effort, resident Neetu Tandon noted that while street vendors deserve their livelihood, they should not occupy pedestrian pathways. "We're not against vendors, but encroaching on walkways isn't a solution. The city must create dedicated vending zones. This beautification drive was a great success, and similar programmes should be held regularly," she added.

The KDF's key demands include setting up vending zones to prevent encroachment, installing dividers, high-rise pedestrian crossings, and pelican signals for safety. They have also sought CCTV surveillance to eliminate black spots, pilot orange-line dividers along a 500-metre stretch, and improved waste collection under the local micro plan. The volunteers plan to hold monthly reviews with civic officials to monitor progress and sustain the momentum toward making Kasavanahalli a model walkable neighbourhood in the IT corridor.

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Low-hanging cable

Byataranyapura

A dangerously low-hanging cable near the Sub-Registrar office parking area needs urgent fixing to prevent accidents and ensure public safety.

Trash trouble

MEI Layout

Accumulated garbage around the MEI playground off Bagalagunte demands immediate clearance to maintain hygiene and restore the area's cleanliness.

Illegal dumping

Amruthalli

Roadside waste dumping continues on the under-construction crossroad between Amruthalli Main Road and KV Jairam Road; CCTV installation urged to deter offenders.

All aboard or not, this bus won't stop

Why some BMTC drivers are skipping designated stops? Congestion, say officials, but commuters not convinced

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If you've been waiting endlessly at your regular BMTC bus stop only to watch the bus never arrive — you're not alone. A silent pattern is emerging across the city: several BMTC drivers and conductors are reportedly skipping designated stops under the pretext of heavy traffic, poor road conditions, and potholes, leaving passengers stranded and the corporation counting its losses.

Traffic excuse turning costly for commuters

With road excavation for civic works, incessant rains creating cratered streets, and vehicle density skyrocketing, Bengaluru's average traffic speed has plummeted. As a result, BMTC drivers claim they are unable to complete their scheduled trips within the fixed time slots. However, insiders allege that some staff are misusing this situation — deliberately avoiding certain stops or even turning the bus back before the final destination if there are no passengers heading there. The result: frustrated commuters waiting for hours and revenue loss for BMTC.

Currently, around 6,500 BMTC buses operate daily, ferrying nearly 48 lakh passengers across the city. Even missing a few stops on each route adds up to significant passenger inconvenience and financial impact for the transport utility.

Passengers left waiting

Commuters from several localities — including Lakshmidevi Nagar, Sanjay Gandhi Nagar, Sonal Garments, and Laggere Cross — complain that buses have stopped reaching their designated terminals. "Bus No. 79 from Shivajinagar is supposed to reach Lakshmidevi Nagar, but since the last week of August, it never comes here. Over 2,000 residents are affected," said Santosh, a resident of Lakshmidevi Nagar. Similarly, Route 80R, which connects Majestic to Rajkumar Punyabhumi, allegedly skips stops like VB Bakery and Kanteerava Studio, as confirmed by records in the BMTC mobile app.

> **Sometimes, due to severe congestion or when buses are overcrowded, they may have to skip a stop or two** – BMTC official

BMTC's explanation

Officials, however, maintain that the issue isn't as widespread as claimed. "Drivers and conductors are required to complete a fixed number of trips on their assigned routes. Sometimes, due to severe congestion or when buses are overcrowded, they may have to skip a stop or two — but it's not intentional," clarified a BMTC official. The department added that any deliberate deviation from the route will invite disciplinary action.

So the next time your bus doesn't show up, it might not be that your watch is wrong — it could be the route itself that's been quietly cut out.

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Civil service appointments can't use new SC classification

In a significant ruling, the High Court has restrained the State government from proceeding with civil services appointments based on the newly revised sub-classification of Scheduled Castes (SCs). The court observed that the government could not make recruitments or promotions relying on the amended reservation categories until the legal validity of the sub-classification is settled.

A division bench comprising Chief Justice Vibhu Bakhru and Justice CM Poonacha passed the interim order while hearing petitions challenging the recent government order (GO) that sought to implement the revised sub-categorisation of SCs in government employment and education. The petitioners had contended that the reclassification was contrary to constitutional principles and violated the Supreme Court's earlier directions on reservations for Scheduled Castes. The bench noted the government's decision to proceed with appointments under the revised system would have far-reaching consequences if the classification was later found to be unconstitutional. "Any recruitment made under the altered scheme would result in complications and possible invalidation of appointments," the court observed, saying the principle of maintaining status quo must apply until the matter is adjudicated finally. The State was told to file its response and the matter listed for further hearing after four weeks. **BMB**

Advertorial Promotional Feature

BM Food & Night Life

Treat yourself to a nutritious, tasty and safe Deepavali

Indulge but in moderation. And this year in particular, pay even greater attention to health and hygiene. So, here are some simple and easy ways to celebrate Deepavali with treats that are nutritious, tasty and most importantly, will keep you safe and healthy.

Make it nutritious

I know that it is difficult to completely avoid sweets during the festive season. So instead, make sure you include healthier alternates that bring the same delicious satisfaction to your taste buds. Consider swapping fried gujiyas or chaklis for baked ones, include healthier ingredients such as almonds, walnuts, and consider using figs as a source of natural sugar.

Make it simple but tasty

I suggest that you reduce your workload by making fewer sweets and looking for other fun ways to mix-and-match ingredients and save time, while increasing the 'yummy quotient'! For example, chop up some dry fruit and add them as garnish to a small scoop of ice cream. You can even cut up and add some fresh fruit for a nutritious bowl of dessert that is delicious and so simple to put together.

Make it safe

It is important to exercise some caution when it comes to choosing food we would like to eat. Preparing food at home is ideal as compared to picking up unpacked sweets at a local store. But it can be stressful to cook everything at home. In my experience, packaged and frozen food and desserts are a quick and easy solution to this because of the high hygiene standards followed during manufacturing.

— By Ritika Samaddar, dietician, for Femina

BDA's empty promises deepen citizens' despair

Despite repeated visits, assurances, KG Layout residents still endure slushy roads, poor drainage, missing infrastructure across long-delayed housing project

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Years after paying in full, frustrated allottees struggle with muddy streets, unpaved roads, and zero civic amenities—symbolising BDA's chronic neglect and the widening gap between promise and delivery

An autorickshaw sinks into slush as residents struggle on unpaved roads — work dragging for years with BDA missing multiple deadlines.

Despite appeals and repeated assurances from the Bangalore Development Authority (BDA) Commissioner and Chairman, as well as visits by Deputy Chief Minister DK Shivakumar and the Legislative Assembly's Petition Committee, the plight of site owners at Nadaprabhu Kempegowda Layout (NPKL) remains unresolved.

The long-standing issue of poor infrastructure in the layout has once again come to light after heavy rain turned several stretches into slushy, unmotorable zones. A distressing scene of an autorickshaw driver struggling to pull his vehicle out of the mud has become symbolic of the residents' frustration. According to locals, the driver had been hired to take a family member of a resident to a nearby hospital when his vehicle got stuck in the sludge.

Residents say that the BDA has repeatedly failed to provide basic infrastructure despite several extensions of deadlines set by the Karnataka Real Estate Regulatory Authority (K-RERA). "The engineers have done nothing to improve roads at the 3rd Block, A Sector of the layout. Most roads remain un-asphalted even a decade after site allotments," said Madhu Sudhan V, whose mother is among the allottees. "Her dream of building a house here should not remain just a dream," he added.

Another resident, Prashant S, said the ordeal of site allottees continues despite multiple complaints and inspections. "I urge BDA engineers to visit the area and take serious note of the condition," he said.

Santosh P Kandagal, another site owner, expressed shock and disappointment over the situation. "Even after we paid the full site value in 2016 and 2018, we are unable to construct our houses. Nadaprabhu Kempegowda Layout has turned into a nightmare for homebuilders," he lamented.

Residents allege that while BDA officials frequently visit the layout and promise improvement, there has been no visible progress on the ground. Many streets are without asphalt, drains are clogged, and there are no proper streetlights or sewage systems, leaving the area in disrepair every monsoon.

In response to the outcry, the BDA took to social media platform X to apologise. "We sincerely regret the inconvenience caused. Weekly meetings have begun to speed up work. Representatives from NPKL are also part of a WhatsApp group monitoring progress," it stated.

However, for hundreds of site owners who have waited nearly a decade, such assurances have yet to translate into real change.

BESCOM sparks solar revival on lakes

BESCOM has come up with a creative solution to overcome hurdles in the PM-KUSUM-C solar scheme, which faced delays due to soaring land prices and a shortage of government land. The power utility is now converting dry, unused lake beds around Bengaluru into solar parks to generate clean energy. The project, aimed at solarising agricultural pump sets and ensuring daytime power supply for farmers, targets an output of 250–300 MW by December.

While the scheme has progressed smoothly across other districts, Bengaluru Rural lagged behind because of industrial growth and rising real estate costs. To tackle this, BESCOM has begun setting up solar plants on four lakebeds—Kundana, Sulibele, Jadigenahalli, and Tavarekere—and plans to extend it to 15–20 more sites soon. Across Karnataka, 30 projects with a combined capacity of 3,900 MW are underway, with BESCOM handling 1,588 MW across 152 locations. According to BESCOM MD Dr. N. Shivashankar, around 20 dry lakes have been identified for solar installations, excluding those linked to the Vrishabhavathi and HN Valley projects. **— BMB**

AI to track government school teachers

The Department of School Education and Literacy is planning to introduce an artificial intelligence (AI)-based attendance system for government school teachers, following its rollout for pre-university lecturers. Developed by the National Informatics Centre (NIC), the system will use facial recognition to automatically mark attendance, helping curb absenteeism and ensure teachers' presence in classrooms. Officials believe consistent attendance will enhance teaching quality and student outcomes, which have declined in recent years. Education Minister Madhu Bangarappa said the initiative will first be tested among PU lecturers before being extended statewide. The department also plans to use AI for monitoring student attendance and tracking beneficiaries of welfare schemes like mid-day meals, Ksheera Bhagya, and free textbook distribution. **— BMB**

NOTES FROM THE FIELD

Google jab

Andhra Pradesh IT Minister Nara Lokesh took a swipe at Karnataka, saying that while some states offered Google attractive proposals, Andhra won because it had "execution muscle." When asked about Bengaluru losing out, Lokesh cheekily remarked that Karnataka should first fix its infrastructure, power cuts, and business hurdles before coming on Twitter to "throw shade." He added that he supports healthy competition but has no intention of refereeing social media fights between states.

Out of CM's race

Minister Satish Jarakiholi announced he's officially out of the Chief Minister race, clarifying that the decision rests with the party high command. Speaking wryly to reporters, he said there would be no "political earthquake" in Belagavi—if anything, it would happen in Bengaluru. He added that he and others were steering clear of leadership speculation and that only supporters' wishes were fuelling such chatter.

Ministerial mute

During a cabinet dinner, Chief Minister Siddaramaiah reportedly blasted his ministers for staying silent while the Opposition launches daily attacks. Only "three or four ministers" have been defending the government, he fumed, reminding them that it's their responsibility to counter criticism—even on controversial issues like the RSS. "If ministers themselves don't defend the government, who will?" he asked, urging them to swap dinner diplomacy for verbal firepower.

Rebellion rewind

After senior leader RV Deshpande questioned who inspired the Congress's guarantee schemes, Transport Minister Ramalinga Reddy cautioned that such remarks hurt the party's image. He said debates on leadership change or power-sharing should stay internal. Criticising even veteran leaders like Basavaraj Rayareddy and BR Patil for public comments, he reminded them that "we're not newcomers" and should exercise restraint instead of airing views that undermine unity.

Saffron shake-up

"There will be a November revolution within the BJP too—just wait and watch!" declared Minister KN Rajanna with mischief. He claimed an internal faction is plotting to oust party state chief Vijayendra. "But if Vijayendra goes, will Yediyurappa stay silent?" he quipped, adding that the BJP knows better than to mess with a leader who can swing votes, triggering tremors in the saffron camp.

No match

Defending Bengaluru, Deputy Chief Minister DK Shivakumar hit back at Andhra Minister Nara Lokesh's jibe, saying there's simply "no match for the city." He highlighted Bengaluru's 25 lakh IT professionals and 2 lakh foreigners contributing to India's economy. "Some people use Bengaluru's name to market themselves," he said, adding that many global companies now own campuses here—a sign of the city's unmatched appeal and strength.

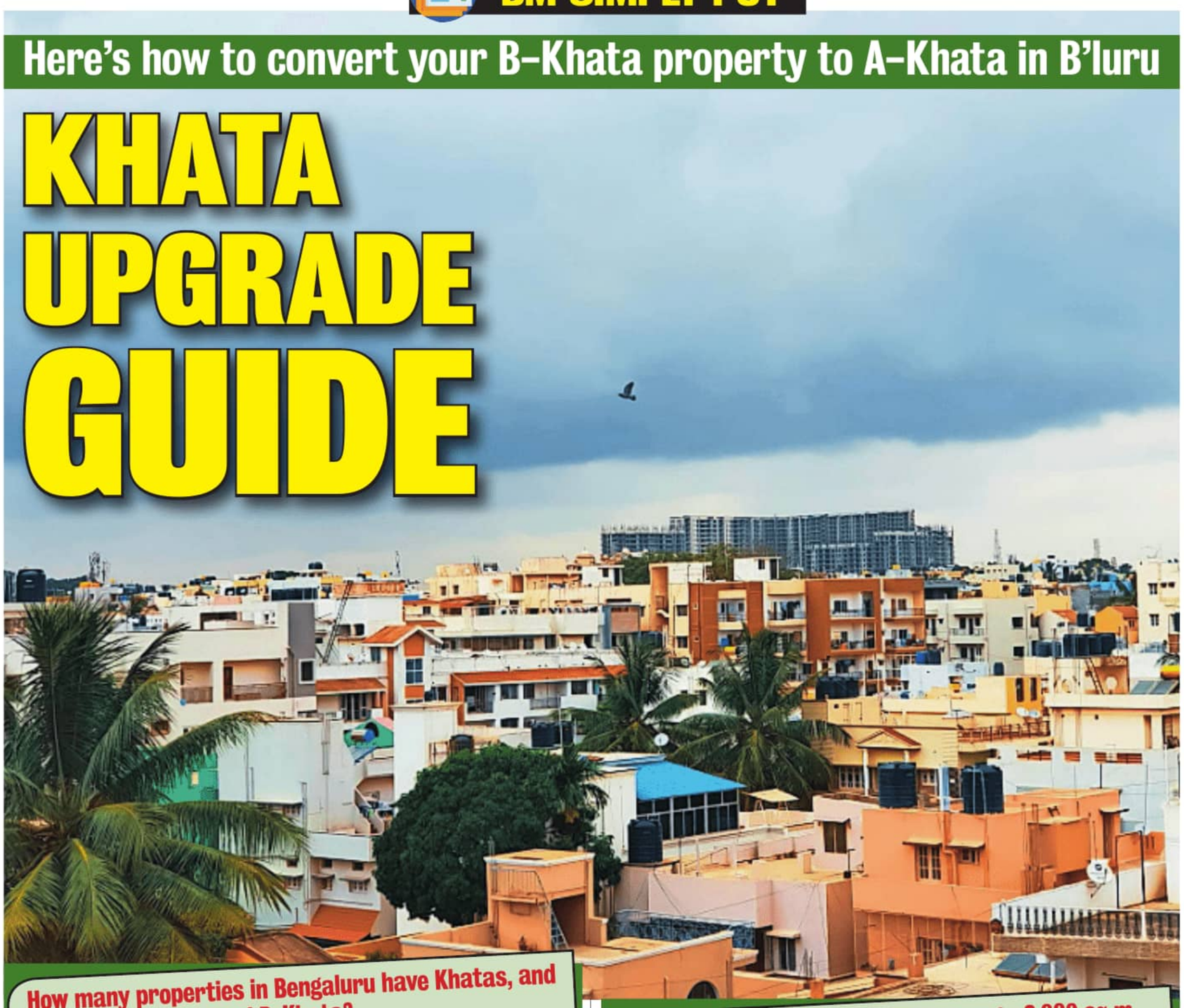
Shaw sparks

Biocon founder Kiran Mazumdar-Shaw clapped back at Labour Minister Santosh Lad's sarcastic post questioning why she doesn't criticize the Centre over GST issues. Shaw retorted that ministers should hold contractors accountable for shoddy civic work instead of deflecting. "Citizens and the government must be on the same page," she tweeted, steering the debate back to Bengaluru's potholes and garbage woes—proving she's focused on solutions, not political sparring. **— Sridhar Vivan**

BM SIMPLY PUT

Here's how to convert your B-Khata property to A-Khata in B'luru

KHATA UPGRADE GUIDE



How many properties in Bengaluru have Khatas, and what are A-Khata and B-Khata?

Bengaluru currently has about 25 lakh properties with Khatas. Of these, approximately 17.5 lakh are classified as A-Khata and around 7.5 lakh as B-Khata. In addition, there are nearly 7 to 8 lakh properties and sites in the city that have no Khata at all, since they were developed without proper approvals and have not even applied for a B-Khata.

What exactly is a B-Khata property?

A B-Khata property refers to land or construction that has not received formal approval under the Karnataka Town and Country Planning (KTCP) Act, 1961. This typically includes revenue sites carved out of agricultural land without conversion or approval, sites on non-agricultural land without planning permission, and flats or multi-storey buildings constructed without approved building plans or Occupancy Certificates. Such properties are recorded in the B-register, allowing property tax collection but not conferring full legal recognition.

What problems do B-Khata property owners face?

Owners of B-Khata properties face several limitations. They are not eligible for building plan approvals, which means they cannot legally construct or modify their properties. B-Khata properties are also considered irregular and unregulated, leaving owners in a grey legal zone. Moreover, many banks and financial institutions refuse to issue loans for such properties because they lack approved layout plans and building permissions. This situation causes hardship to citizens who want to regularise their properties, while also making it difficult for the city corporation to control unplanned development and irregular sales.

Why is the GBA now offering B-Khata to A-Khata conversion?

To address these long-standing issues, the GBA has introduced a One-Time Settlement (OTS) scheme that allows B-Khata property owners to obtain 'Single Plot' approval and automatically convert their B-Khata into A-Khata. This initiative is designed to bring more properties under regulation and provide citizens with a fair opportunity to legalise their ownership. It's important to note that this conversion scheme is applicable only to individual sites and not to flats or multi-storey units.

How can owners of B-Khata sites up to 2,000 sq m convert to A-Khata?

Property owners with sites up to 2,000 square metres can easily apply online through the BBMP portal at https://BBMP.karnataka.gov.in/BtoAKhata using their mobile number and OTP. After logging in, they must enter the final B-Khata details (ePID), authenticate their Aadhaar, and ensure that the road in front of the site is a public road. If it is private, they must give consent to convert it into a public road. Both converted and unconverted revenue sites can apply, though flats remain ineligible. There is no application fee for this process. After submitting the form and printing the acknowledgement, GBA officials will conduct a site inspection to verify details and road declarations. The applicant must then pay 5 per cent of the site's guidance value online as the conversion fee. Following the Commissioner's approval, the software system automatically approves and updates the record, converting the B-Khata into an A-Khata.

How can owners of sites larger than 2,000 sq m apply?

For properties larger than 2000 square metres, the application must be submitted online by a registered architect or engineer through https://BPAS.bbmpgov.in. The process involves uploading all required documents along with CAD drawings of the site, paying an initial scrutiny fee of Rs 500, and submitting the application for review. After a site inspection by GBA officials, the proposal is evaluated for eligibility. Once approved, the applicant pays the applicable fees and receives a Single Plot Approval Certificate and approved drawing. Based on this, the B-Khata is automatically upgraded to A-Khata through the system. Flats, however, are not eligible under this process.

What does this mean for property owners?

This scheme gives B-Khata property owners a long-awaited opportunity to legalise their sites and become eligible for loans, resale, and construction approvals. It brings transparency, accountability, and legitimacy to thousands of properties across Bengaluru. For citizens, it's a chance to secure their investments and enjoy full legal ownership rights. For the city, it's a step toward better regulation and planned development. The B-to-A Khata conversion initiative marks a significant stride in making Bengaluru's property system more organised, credible, and citizen-friendly.

SOCIALTATTLE

That went viral

A post by @mxtaverse featuring footage from the Infosys canteen in Bengaluru during the 1990s has gone viral online. The video shows employees chatting over meals, laughing, and relaxing, no phones, no rush, just calm faces and genuine smiles.

Arjun*
@mxtaverse
Follow
Footage from Infosys canteen, Bangalore in 1990s. Almost everyone in this is probably a multi-millionaire and settled abroad today.
www.wildfilmsindia.com
9:55 am · 18 Oct 25 · 4.1M Views

The post read, "Footage from Infosys canteen, Bangalore in the 1990s. Almost everyone in this is probably a multi-millionaire and settled abroad today."

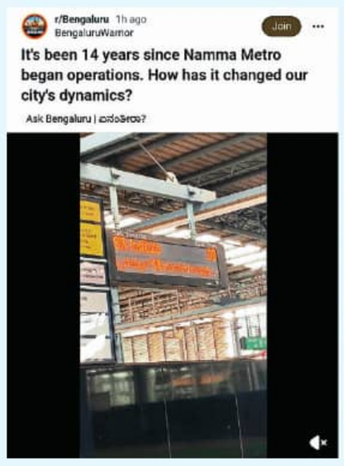
Citizens were quick to react, marvelling at the simplicity and stress-free vibe of the era. Many commented that everyone in the video "looked too happy, too peaceful," calling it a nostalgic reminder of life before screens and deadlines.

What's Tweeting

A post by @dp_satish left netizens amused after a photo of a Bengaluru eatery's menu showing "Gen Z Idlis" went viral. The post read, "We have at least Gen Z Idlis! #Bengaluru." While some of us are still figuring out life, idlis in Bengaluru have already evolved to Gen Z status.

DP SATISH
@dp_satish
We have at least Gen Z Idlis! #Bengaluru
Morning
THUMBA ANANDAM
Tiffin Center * 220 Kcal
Breakfast Thali
Heritage Idlis * 110-140 Kcal
Gen Z Idlis * 130-160 Kcal
Idli Vada 280 Kca
Idli 70 Kcal each
Ghee Khara Podi Idli
8:22 am · 18 Oct 25 · 3,609 Views

A post by user BengaluruWarrior on r/Bengaluru on Reddit marked 14 years since Namma Metro began operations, sharing a video to commemorate the milestone. The user asked, "How has it changed our city's dynamics?". While some users appreciated the progress, others expressed disappointment, saying that covering only 96 km in 14 years was "pathetic." Several comments noted that the real failure lay in the Metro's limited connectivity to major parts of the city.


r/Bengaluru 1h ago
BengaluruWarrior
Join
It's been 14 years since Namma Metro began operations. How has it changed our city's dynamics?
Ask Bengaluru | ಬೆಂಗಳೂರಿಗರೇ?

BM Tagged

A post by @sravangostu, tagging @DKShivakumar, @BangaloreMirror, and @BbmpEast, was shared highlighting poor road conditions in Whitefield. The user stated that a pothole complaint raised through the app was rejected after two weeks without any explanation, despite the image clearly showing the damaged stretch.

sravan kumar
@sravangostu
Follow
@DKShivakumar @BangaloreMirror @BbmpEast
Hi Sir,
I have recently raised a pothole complaint in the app and after 2 weeks the request is rejected without any reason
You can see the bad road condition in the image
#whitefeildpotholes #bangalorepotholes #poorroads

The post was captioned with the hashtags #whitefieldpotholes #bangalorepotholes #poorroads.

Welcome criticism on Bengaluru infra, but some are doing it too much: DKS

Responding to repeated criticism from some industry leaders about Bengaluru's infrastructure issues, Karnataka Deputy Chief Minister DK Shivakumar said on Sunday that he is open to criticism but some people are doing it too much, and he will remain unfazed by such things.

Asserting that the government is taking measures to fix these issues, Shivakumar, who is also the Minister in-charge for Bengaluru development, said that people have given the Congress government an opportunity and it wants to serve them.

The state government has come under criticism over the "poor state of roads and traffic issues in the city", for some time now, with industry veterans like former Infosys CFO Mohandas Pai and Biocon Chairperson Kiran Mazumdar-Shaw repeatedly openly urging the state government to immediately intervene.

"The population in Bengaluru city is 1.40 crore. Transport Minister Ramalinga Reddy was saying that 3,000 vehicles are getting registered per day. 1.23 crore vehicles are registered in Bengaluru. 70 lakh people come to Bengaluru for jobs, education and other things, some go back. Population is increasing," Shivakumar said.

Addressing the gathering, he said, "those who have started businesses here, have grown. After growing big they have forgotten from what stage they have grown into what stage now. If you forget the root, you will not get the fruit. Some have forgotten and are criticizing by tweeting."

Noting that an opportunity has been provided to citizens to bring to the notice of the authorities about the pothole issues, by sending pictures to a phone number through Whatsapp, under "fix my pothole" campaign, the Deputy CM said, no where in the country, such an opportunity has been given to citizens.

"I welcome all the criticism, no problem. Because criticism increases the value of democracy. But some are doing it too much and these things won't bother me. People have given us an opportunity and we want to serve them," he added.

'Caste census' extended till Oct 31

Shivakumar on Sunday also said that the government has decided to extend the Social and Educational Survey --widely referred to as the 'caste census' -- till October 31.

He said, teachers will not be used for enumeration work during the remaining period of the survey.

The survey, being conducted by the Karnataka State Commission for Backward Classes, began on September 22, and was originally scheduled to end on October 7.

However, the state government had subsequently decided to extend the survey till October 18, and to also extend the Dasara holidays for government and aided schools till October 18 to enable completion of the survey with the help of teachers, who were deputed as enumerators.

Chief Minister Siddaramaiah on Sunday chaired a meeting with senior ministers and officials and Karnataka State Commission for Backward Classes Chairman Madhusudan R Naik regarding the progress of the survey.

"In all other parts of the state except Bengaluru South, Bidar, Dharwad, survey covered about 90 per cent of the work, and it has been done well. There is a 67 per cent coverage in Bengaluru city in which 20 percent have not disclosed.

We have extended the survey till October 31. We will not be using teachers for enumeration work from now on," Shivakumar said. **PTI**

4,414 accidents claimed lives of 3,696 men, 718 women

CONTINUED FROM PAGE 1

factors. Men are overrepresented in outdoor and high-risk activities, including construction work, factory jobs, transport services, and two-wheeler commuting. Road travel, in particular, has become a deadly hazard in Bengaluru. The city's reputation for snarling traffic does not mask the fact that its roads are among the most accident-prone in India. With two-wheeler riders forming a large share of daily commuters, male fatalities in road accidents disproportionately drive up the numbers.

Poor in comparison

When compared to other metros, Bengaluru's position is deeply concerning. Despite Delhi's larger scale and comparable urban challenges, its death toll was nearly 900 lower. Southern metros fared better—Chennai's 1,110 deaths and Hyderabad's 491 suggest relatively stronger enforcement or safer commuting patterns. Even mid-sized cities like Coimbatore (1,407) and Indore (1,526) reported significantly fewer fatalities than Bengaluru.

The ratio of male-to-female deaths also stands out. In Delhi, men accounted for about seven out of every eight accidental deaths, whereas in Bengaluru it was closer to five out of six, underlining the extreme gender tilt in the city's data.

Urban planners and civic observers point to multiple contributing factors behind Bengaluru's grim numbers: inadequate road infrastructure, weak enforcement of traffic laws, a rise in reckless driving, insufficient worker safety in construction sites, and lack of systematic public safety campaigns.

The problem is compounded by rapid urbanisation. As Bengaluru continues to expand as an economic hub, its infrastructure struggles to keep pace, leaving citizens—particularly men—more exposed to risk.

The NCRB data serves as a wake-up call for policymakers, enforcement agencies, and civic planners. Experts recommend a multi-pronged approach: stricter traffic enforcement, mandatory workplace safety audits, awareness drives targeting high-risk groups, and better urban planning to reduce congestion-related hazards.

SC concerned over non-implementation of over 8.82 lakh court verdicts in civil disputes

The Supreme Court has expressed serious concern over non-implementation of more than 8.82 lakh judgements passed by courts across the country in civil disputes.

The top court termed the situation as "highly disappointing" and "alarming".

A bench of Justices JB Pardiwala and Pankaj Mithal made the remarks while reviewing the compliance of its March 6 order that had directed all high courts to instruct civil courts within their jurisdiction to decide execution petitions within six months.

Execution petitions are the pleas filed by decree holders, who have won the civil disputes, seeking enforcement of the verdicts.

The court had also made it clear that presiding officers would be held liable for any delay in presiding with its directive.

"The statistics which we have received are highly disappointing. The figures of the pendency of the execution petitions across the country are alarming. As on date, 8,82,578 execution petitions are pending across the country," the bench said.

The bench said in the last six months from March 6, a total of 3,38,685 execution petitions have been decided and disposed of.

The bench, in its October 16 order, said, "As observed in our main judgment, after the decree is passed, if it is going to take years and years to execute the decree, then it makes no sense and would be nothing short of travesty of justice". **PTI**

'Creating an app not enough without timely action'

CONTINUED FROM PAGE 1

the police to check who's at fault. This causes traffic jams and chaos on already congested stretches," explained a senior police officer.

The officer cited a recent example to explain the situation. "A car and a school bus brushed past each other, and both drivers stopped in the middle of the road waiting for police to arrive. This led to a long traffic jam. In such cases, the new feature will prevent disruptions. The commuter can simply click a photo, upload it on the app, and get an acknowledgment that can be shown to claim insurance. There is no need for police to visit the spot or for the driver to go to the station," the officer said.

How it works

To report a minor accident, users can select the 'Report My Accident' option on the app, enter the date, time, and location, drop a map pin, upload photos of the damaged vehicle, and add a short note.

The app then generates a digital acknowledgment containing a unique ID, passkey, QR code, and short verification link, which can be directly shared with insurance companies for claim processing.

Officials clarified that the feature applies only to minor, non-injury accidents. In cases involving injuries or severe damage, the app automatically prompts users to call 112 for emergency assistance. "This feature will ensure faster claim processing, reduce paperwork, and eliminate unnecessary allegations that police delay or avoid taking complaints," the senior officer added.

Traffic police expect the number of digital acknowledgments to increase from over 300 daily once commuters begin using the feature, as many avoid reporting currently due to the time and travel involved in physical verification.

The system's geo-tagged and time-stamped reports will also help traffic police identify accident-prone zones and improve data-driven enforcement and planning.

App users flag glitches, rejections

While the new E-Accident Report feature has been welcomed by motorists, some users have raised concerns about the ASTraM app's responsiveness and functionality. A few complain that their reports are being rejected or not processed despite clear evidence of violations.

One regular user, who had earlier been active on the now-discontinued Public Eye app, said the new system still has several technical shortcomings. The Public Eye app, which previously allowed citizens to report traffic violations, has been phased out, with its functions merged into ASTraM, now the city's single traffic reporting platform.

"Through the Public Eye app, over 600 challans were issued based on my complaints. But in ASTraM, many of my reports are marked as 'rejected' or 'not valid'. The status often says 'reverified' or 'not accepted' without explanation," the user said.

The user added that if the police expect citizens to use digital tools to report violations, there should also be a dedicated and responsive team to act on them. "Creating an app just for the sake of it doesn't help if there's no timely action," they said, urging the police to look into the issue.

Your Connect

personal

CHANGE OF NAME

I, SANJU KUMARI W/o AJAY BALAKRISHNA R/o A-201 SLV Splendour Anjanapura main Road Besides DPS Harinagar Cross Konanakunte Bengaluru-560108. I have changed my name to SANJU SAHANI vide affidavit dated: 13/10/2025 Before Notary C. Sharada Bangalore.

I, Syed Yasin S/O Syed Habib # 6/1 C No 3rd Street Shivaji Nagar Bengalur-51 have changed my name to S Basha for all purposes

I Sandesh Shetty S/O, Narayan R/o Flat No 402 4th Floor Sai Dwaraka 9sp9, Hbr Layout 2nd Stage Opposite Bbmp Office Shampur 1st Main Kavalbyrasandra R T Nagar Bangalore Karnataka - 560032 have changed my name to Sandesh Narayan Shetty.

I, Shaheda Begum W/o Mohamed Asif # 23 S S House Haines Road Blr-05 have changed my name to Shahida Begum for all purposes

I, Kiran Kumar Sahukar, Trinco Manvantara, No 5, Kanakapura Road, near HARA VIJAYA HEIGHT, Apartment, Talaghattapura, Uttharahalli Manavarthekaval, Bengaluru, Karnataka 560109 have changed my name to Kiran Kumar Sahukara for all purposes.

I, ZUBAIR ULLA SHAIEF, R/a.#2/90/2,1st Cross, Matkar Lane, KG Halli, Bengaluru-560045. I, have Changed my name to ZABAIR SHARIFF, Vide affidavit, dated 15/10/2025 Sworn before Notary: Meer Hassan Bangalore-

I Munni Devi spouse name Hariom Singh resident of House no 4, seelammal lane, first cross, wind tunnel road, Murgeshpalya, Bangalore 560017 have changed my name Munni Devi to Munni Kumari vide affidavit dated 16 Oct 25 before AR Muneer, Halasuru Bangalore

I Shalini Lawrence D/O, S. Jagadeesh R/o No. 11, 6 Th Cross, R A Road, Egipura, Vivek Nagar Post, Bangalore - 5600047. have changed my name to Shalini Jagadeesh

I, Shabnam Khanum W/O Abdul Sajid # 947 16 th Cross Mysore-19 have changed my name to Shabnam Khanam for all purposes

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MAX IT OUT

Nutritionists help decipher how to make sure you are 'fibre maxing' in a correct way

Iffath Fathima
@timesofindia.com

TWEETS @BangaloreMIRROR

The social media nutrition trend, 'fibre maxing', encourages people to boost their daily fibre intake for better gut health, weight management, and overall well-being. By adding more fibre-rich foods such as fruits, vegetables, legumes, and whole grains to meals, the trend promotes a sustainable approach to healthy eating. Nutrition experts say it supports digestion, boosts energy, and improves long-term health. However, they caution that excessive fibre intake may cause bloating, discomfort, and gastrointestinal distress.

According to health experts, fibre plays a vital role in maintaining digestive health. "Fibre also helps with metabolic balance and long-term disease prevention. It acts as fuel for beneficial gut bacteria, helping maintain a healthy microbiome that supports immunity, hormone balance, and even mood regulation. Increasing fibre intake improves bowel regularity, stabilises blood sugar levels, lowers LDL cholesterol, and aids in weight management by promoting satiety. Many people also notice reduced bloating, better digestion, and more sustained energy throughout the day as they improve their fibre intake," said Bharathi, nutritionist, Fortis Hospital, Nagarbhavi.

Health professionals have observed a growing awareness and curiosity around fibre, particularly among young adults and fitness enthusiasts seeking better gut health and natural detoxification. Social media trends like "fibre maxing" have popularised fibre-rich diets, but they've also sparked misconceptions with many assuming that more fibre is always better, without recognising the need for balance and gradual adjustment.

With caution

Mary Shalini, expert nutritionist & dietitian, HOSMAT Multispeciality Hospitals, Kalyan Nagar, pointed out increasing fibre too quickly can cause digestive discomfort. "Suddenly increasing fibre can lead to gas, bloating, and abdominal discomfort. In order to prevent this, one should increase fibre intake gradually over 1–2 weeks. Drink plenty of water (at least 2–3 litres per day).

Include a variety of fibre sources instead of relying on just one food. This allows the gut microbiome and digestive system to adapt comfortably. On average, adults should aim for about 25-30 grams of fibre per day from food sources, not supplements -- that is women around 25 grams per day and men 30-38 grams per day."

Nutritionists disclosed that both soluble and insoluble fibres play crucial roles in maintaining good health, and a balanced mix of the two is ideal for gut health and weight management. Soluble fibre, found in foods like oats, apples, beans, and flaxseeds, helps regulate blood sugar levels, lower cholesterol, and nourish beneficial gut bacteria. Insoluble fibre, present in whole grains, vegetables, and nuts, adds bulk to stool and aids in preventing constipation. Together, they promote smoother digestion, improved metabolism, and overall digestive well-being. For balanced gut health, a mix of both, roughly 60% insoluble and 40% soluble, is ideal.

Adding more fibre to your diet doesn't require major changes as even small, consistent habits can make a big difference over time. "Start by choosing whole grains instead of refined ones, such as brown rice or whole wheat bread. Incorporate fruits and vegetables into every meal and snack, and enhance your dishes by sprinkling seeds like chia, flax, or sesame, or a handful of nuts on salads, curd, or smoothies. Include beans, lentils, or sprouts a few times a week for an easy fibre boost, and whenever possible, choose fresh fruits over juices to retain the natural fibre content," added nutritionist Shalini.

Speaking of how to balance fibre with hydration and nutrient absorption, especially for vegans or for high-protein diets, nutritionist Bharathi said, "Hydration is crucial because fibre absorbs water to function effectively. Without enough fluids, it can cause constipation. For individuals on vegan or high-protein diets, fibre intake is naturally higher due to plant-based foods. Maintaining water balance and including healthy fats such as olive oil, nuts, and seeds supports nutrient absorption. It is also advisable to space out high-fibre meals around workouts or supplement timings to prevent interference with protein or mineral absorption."

Breakdown of daily fibre intake recommendation

- Adult Men (19–50 years) 38 grams
- Adult Men (51+ years) 30 grams
- Adult Women (19–50 years) 25 grams
- Adult Women (51+ years) 21 grams
- Children 1–3 years 19 grams
- Children 4–8 years 25 grams
- Boys 9–13 years 31 grams
- Girls 9–13 years 26 grams
- Boys 14–18 years 38 grams
- Girls 14–18 years 26 grams

Courtesy: *Nutritionist and dietician Mary Shalini*

Note: These are general guidelines; individual needs may vary based on activity level, health conditions, and diet composition.

MIRRORLIGHTS

Brain study reveals predictive mechanism behind focus and hearing

When people focus on a task, the brain doesn't just listen differently -- it listens smarter. A new study from the Hebrew University of Jerusalem shows that the auditory cortex, one of the brain's main sound-processing centres, changes how it operates during active engagement, synchronising its activity to the rhythm of the task rather than merely reacting to sounds.

The research, published in Science Advances, was led by Prof. Israel Nelken from the Edmond and Lily Safra Centre for Brain Sciences and the Institute of Life Sciences.

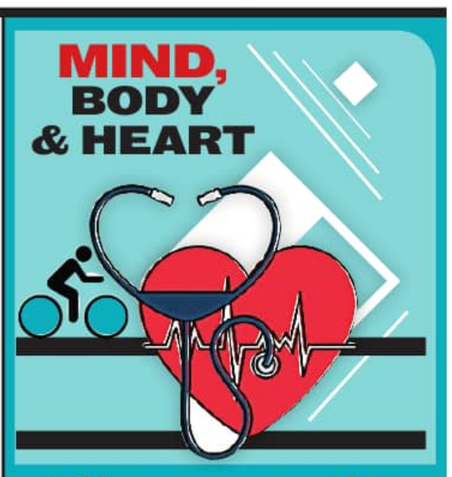
The findings could help improve hearing aids, attention training, and brain-computer interfaces by revealing how the brain filters and prioritises sound. Devices and therapies that mimic this timing-based mechanism might better detect when a person is focused, suppress background noise, and enhance the clarity of important sounds in real time.

The scientists found that when people perform a task, neurons in the auditory cortex fire in bursts that aren't directly triggered by sound. Each neuron "ticks" at a different moment, marking the passage of the task instead of merely echoing what's heard.

"Our results show that the brain doesn't just react to sounds -- it shapes how they're represented, depending on what we're doing," said Prof. Nelken. "When we're engaged in a task, the auditory cortex listens more efficiently to the sounds that occur in that task."

Until now, scientists knew that attention sharpens how people perceive sound, but not how the brain achieves it. The new study reveals that attention works not by amplifying important sounds, but by reorganising the timing of neural activity to match the structure of the task at hand. This means the auditory cortex doesn't simply boost responses -- it predicts and prepares for expected sounds.

—ANI



All you need to know about...

Menopause help

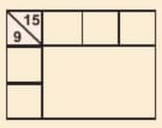
Wash hands & nails
Antidepressants, gabapentin for hot flushes, and medicines to prevent osteoporosis can also be offered instead of HRT (hormone replacement therapy).
Herbal medicines or bio-identical medicines are often unofficially suggested due to a lack of data on efficacy and safety. Plants or plant extracts, such as St. John's wort, black cohosh, and isoflavones (soy products), can help reduce hot flashes and night sweats for some women. Phytoestrogens are also found in some cereals, vegetables, and legumes (such as peas, beans, soybeans, and red clover).
Alternative medicines such as homoeopathy, acupressure, or acupuncture can also help to control symptoms. Complementary therapies, such as aromatherapy or flower medicine, can be tried.
Psychotherapy in the form of cognitive behavioural therapy can be useful for addressing anxiety and mood changes. Interactions with similarly affected women through support groups can be self-esteem boosting.
Lifestyle changes, such as regular aerobic exercise (running and swimming) or low-intensity exercise (like yoga), may help. A healthy, disciplined diet that reduces caffeine and alcohol intake can also help to reduce hot flushes and night sweats. Additionally, meditation can aid in managing irritability or mood changes.
Medications A commonly used systemic treatment is Hormone Replacement Therapy (HRT), which can be started during peri-menopause and continued until post-menopause. While HRT is generally safe, women need to have an individualised treatment plan due to potential long-term side effects after five years of use. It can be administered as oral tablets, skin patches, intrauterine devices, or vaginal gel or cream. HRT helps relieve hot flushes, night sweats, psychosomatic symptoms, decreased sex drive, and osteoporosis.

—Dr Vaishali Joshi for Femina

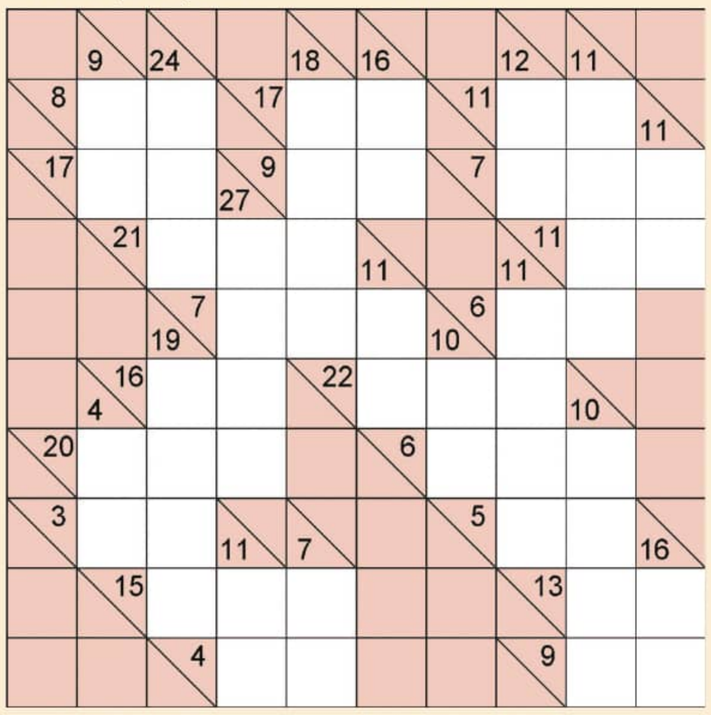
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

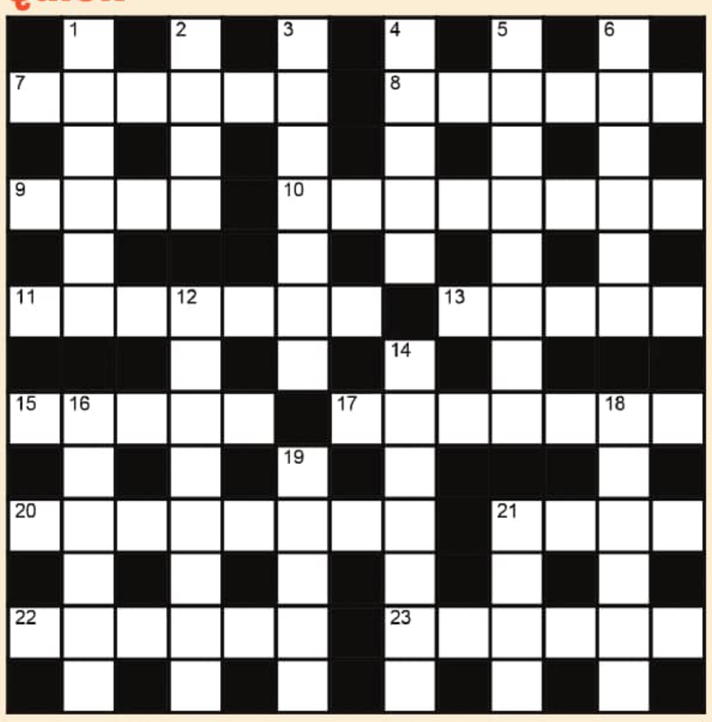
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Bets (6)
8 Cajoles or beguiles (6)
9 Fine sediment (4)
10 Tell __ _ ____ : keep a secret very well, in a way? (3,1,4)
11 Applying a layer of paint, etc. (7)
13 Printing machine (5)
15 Deadly African disease (5)
17 Grazing land (7)
20 Privately (2,6)
21 Reside or dwell (4)
22 Gadget (6)
23 Contemporary (6)

DOWN

1 A white cotton cloth (6)
2 Lift or elevate (4)
3 Idiotic (7)
4 Very severe (5)
5 Ancient Indian language (8)
6 Mammals related to monkeys (6)
12 Prevaricate (4,1,3)
14 M in M G Road (7)
16 ___ on: Relied on (6)
18 ___ back to : go back to usually old ways or bad habits (6)
19 DNA-borne characteristics (5)
21 Boys (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: J EQUALS P

H'W KOVF. YSQ HQ'X QLZ KOVF JZRJKZ CLR HGTZGQZN QLZ CLZZK OGN QLZ YHPFPKZ YZPOSXZ QLZF NHNG'Q KHDZ COKDHGU RB POBBFHGU QLHGUX.

Linemaro

When I see you, everyone else becomes sepia tone

Mindchow

A little knowledge is a dangerous thing. Drink deep, or taste not the Pierian spring; There shallow draughts intoxicate the brain; And drinking largely sobers us again

Joke of the day

Confucius say... forgetful cow give milk of amnesia

Loop

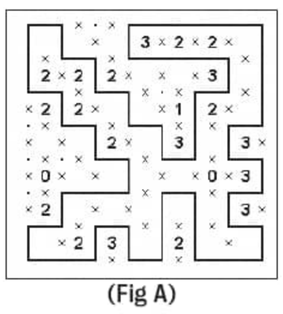
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

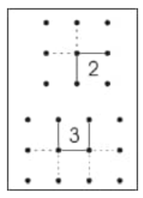
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

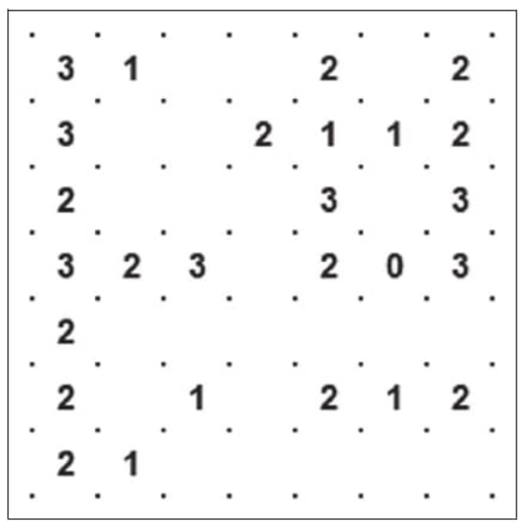
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



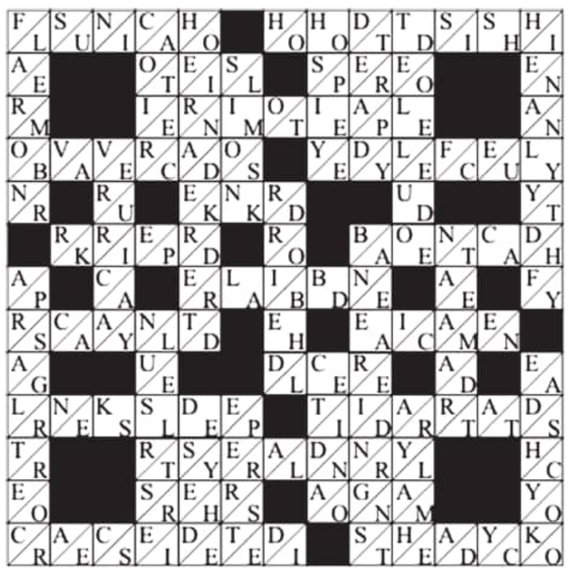
(Fig A)



(Fig B) Not Allowed



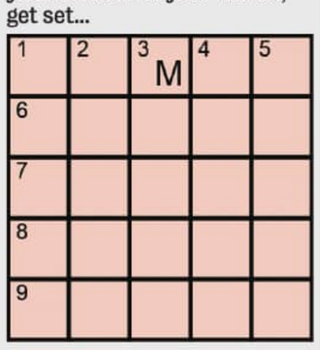
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

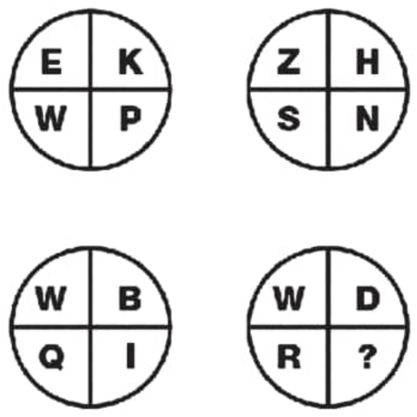
1 Mot mo; 6 Be ova;
7 Toner; 8 A glee;
9 So soh

DOWN

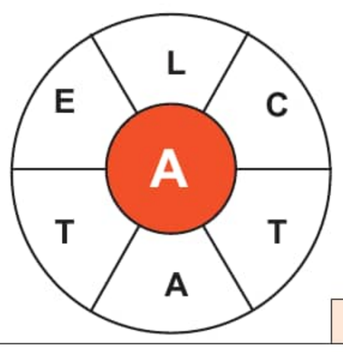
1 Teams; 2 He Boa;
3 Nog mo; 4 OO Vol;
5 Terse

Mensapuzzle

Which letter completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; **07** Good; **09** Outstanding

SudokuChallenge

1			5		4			2
		8				3		
7			1		8			4
5	6		4		3		2	1
2	4		7		6		8	3
3			9		1			6
		7				2		
6			8		7			9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

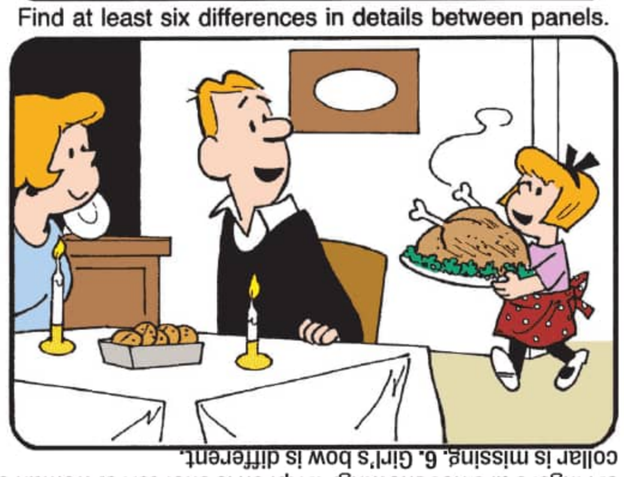
Easy = 10
3 6 7 8

Medium = 14
3 3 5 9

Hard = 9
2 6 8 9

Hocusfocus

Find at least six differences in details between panels.



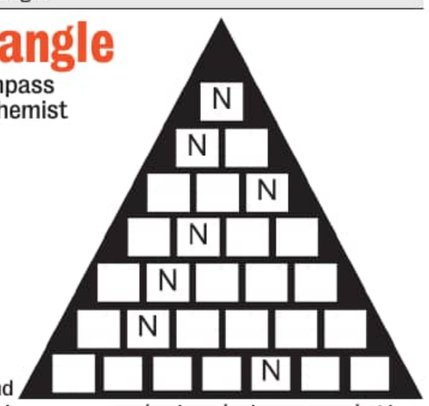
Differences: 1. Turkey leg is moved. 2. Candle is shorter. 3. Fingers are not showing. 4. Apron is shorter. 5. Woman's collar is missing. 6. Girl's bow is different.

Riddler

Seven letters are we, Four different words we make. Guess us or be ridiculed; Your reputation's at stake. The first has pictures, Paintings and such. The second causes sneezing, From ragweed or dust. The third is an adverb, It's hard to explain It's the same as immensely But it's much more plain. If you can act like a king, this word you will sing. These clues are sparse This riddle may be tough. But if you are smart Then it will be enough.

Alpha triangle

1 North on the compass
2 Sodium for the chemist
3 Metal container
4 Andean of old
5 Frolic
6 Whole
7 Of great size



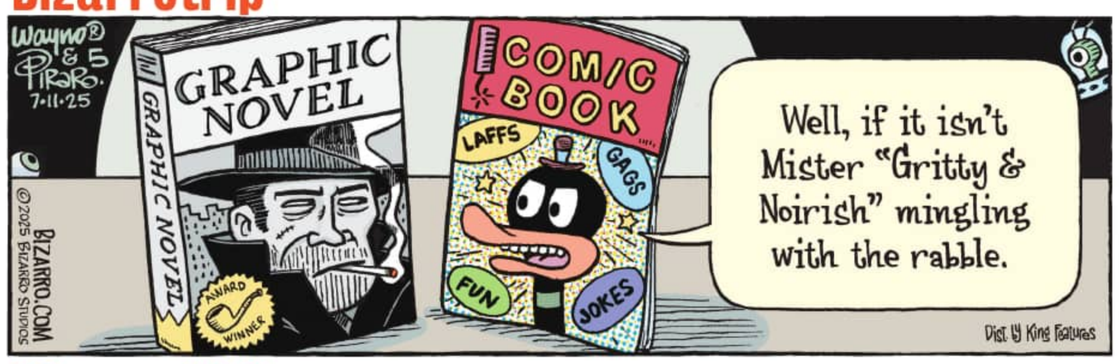
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

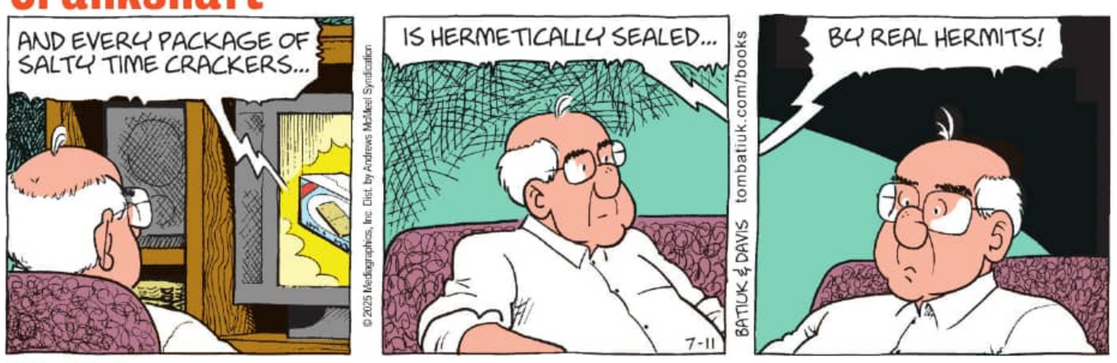
Bizarrotrip



Diamond Lil

Hart of the city

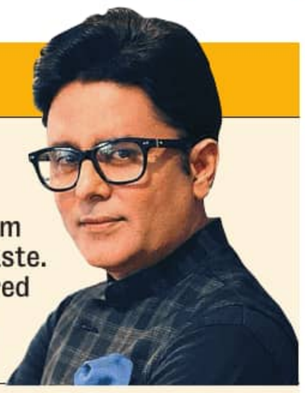
Crankshaft



Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

This year highlights creativity, harmony, and joyful self expression. Professional life benefits when you share your originality. Relationships blossom through openness and playful energy. Finances grow with steady focus, not haste. Health improves with balanced routines. Friendships strengthen through shared laughter. By year's end, you feel more connected to your passions, embracing opportunities that bring fulfilment, inspiration, and heartfelt joy.

Aries Mar 21 – Apr 20

Radiant beginnings await, Aries. Diwali lights fuel your determination, pushing aside doubts. Conversations sparkle, and partnerships shine. Expect an uplifting breakthrough that renews your faith in both destiny and yourself.

Leo Jul 24 – Aug 23

Leo, radiance defines today. With festive fire guiding you, ambitions ignite and courage strengthens. Recognition comes naturally, along with new admiration. Shine brightly, but remain humble—the universe doubles blessings shared openly.

Sagittarius Nov 23 – Dec 22

Sagittarius, adventures bloom even at home. Conversations spark new perspectives, and optimism fills the air. Financial clarity emerges, guiding future ventures. Celebrate freedom, but remember gratitude keeps doors of opportunity wide open.

Taurus Apr 21 – May 20

Harmony surrounds you, Taurus. Family gatherings deepen bonds, while financial blessings quietly unfold. A calm spirit attracts positive attention, ensuring your generosity returns many-fold. Trust traditions; they guide you toward unexpected joy.

Virgo Aug 24 – Sep 23

Virgo, your focus sharpens beautifully. Rituals restore balance, helping you prioritise peace. A sudden message excites your heart. Through patience, clarity emerges, leading toward new prosperity. Gratitude keeps abundance flowing gracefully.

Capricorn Dec 23 – Jan 20

Capricorn, steady energy strengthens resolve. Career aspirations brighten under festive influence, while family support grounds you. Patience builds solid foundations. Trust in consistency—today's diligence ensures tomorrow's triumph. Peaceful moments reward effort.

Gemini May 21 – Jun 21

Gemini, your social spirit thrives. Invitations come easily, and laughter flows abundantly. Your adaptable nature brings balance between celebration and reflection. Opportunities for growth shimmer, encouraging trust in serendipity's unfolding path.

Libra Sep 24 – Oct 22

Libra, balance feels eortless today. Relationships blossom, and festive gatherings recharge you deeply. An unexpected compliment uplifts confidence. By aligning choices with joy, destiny rewards your spirit with memorable experiences.

Aquarius Jan 21 – Feb 19

Aquarius, innovative sparks awaken creativity. Conversations reveal exciting ideas worth pursuing. A festive gathering may connect you with inspiring allies. By embracing originality, you magnetise prosperity while rearming your authentic vision.

Cancer Jun 22 – July 23

Cancer, embrace the glow within. The festival ignites creativity, guiding you toward nurturing moments. Loved ones appreciate your care. A heartfelt decision blossoms beautifully, reminding you how compassion attracts meaningful prosperity.

Scorpio Oct 23 – Nov 22

Scorpio, transformation defines today's energy. You release heaviness with Diwali's flames, welcoming renewal. Intuition deepens, guiding bold steps. Mystical insights unfold as blessings magnify. Share your strength generously; karmic rewards follow.

Pisces Feb 20 – Mar 20

Pisces, intuition dances with Diwali's glow. Dreams bring subtle guidance, while compassion strengthens bonds. A small gesture attracts enormous appreciation. Flow with harmony, and opportunities expand, reflecting your soul's luminous nature.

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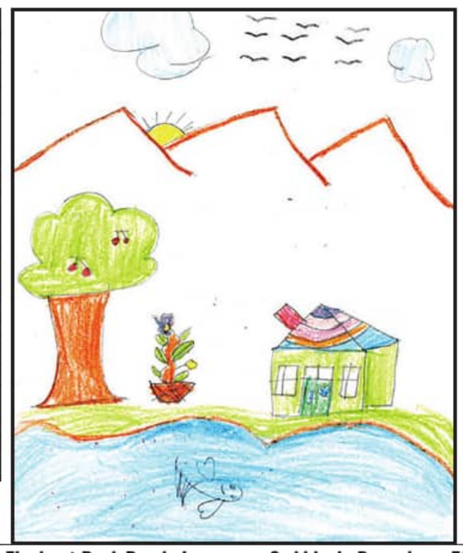
KIDZONE

Ivan, Bengaluru



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SOLUTIONS

SOLVE IN 1M
= √(√625) + (2^6)^1/3
= √25 + 2^2 = 5 + 4 = 9

RIDDLER
Gallery, Allergy, Largely and Regally

QUOTE UNCODE
I'm lazy. But it's the lazy people who invented the wheel and the bicycle because they didn't like walking or carrying things.

FAST FIVE

M	O	M	O	T
A	B	O	V	E
T	E	N	O	R
E	A	G	L	E
S	H	O	O	S

BULL'S EYE
cattle, cleat, lace, LACTATE, late, tact, talc, tale, teal

STRIKE OUT

L	U	N	C	H	■	H	O	T	T	I	S	H
E	■	O	I	L	■	P	R	O	■	T	I	A	L	■	E
M	■	I	N	I	T	I	A	L	■	A
O	V	E	R	D	O	■	E	Y	E	F	U	L
N	■	R	■	E	N	D	■	D	■	T
K	I	E	R	■	R	■	B	O	T	C	H
P	C	■	E	L	I	D	E	■	A	Y
S	C	A	L	D	■	E	■	A	C	M	E
A	■	U	■	■	D	E	R	■	A	■	A
L	E	S	S	E	■	T	I	A	R	A	S
T	■	T	Y	R	A	N	N	Y	■	H
E	■	R	E	S	■	A	G	A	■	O
R	E	C	E	D	E	D	■	S	H	A	C	K

QUICK

■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
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■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

MENSA PUZZLE
L Starting with the letters in segments of the top left circle, add 3 to the numerical values of the letters, and write the results in the top right circle, with the relative positions of the letters moving 1/4 turn clockwise. Repeat this pattern, adding 4 to the values of the letters for the lower right hand circle, and adding 5 for the letters in the lower left hand circle, putting the results in the segments 1/4 turn clockwise each time.

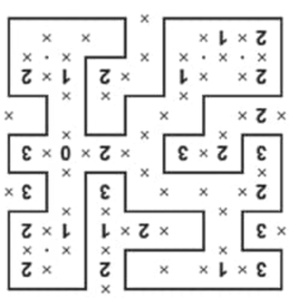
SUDOKU

6	2	5	8	4	7	1	3	9
9	1	7	3	6	5	2	4	8
3	8	4	9	2	1	5	7	6
2	4	1	7	5	6	9	8	3
8	7	3	2	1	9	4	6	5
5	6	9	4	8	3	7	2	1
7	9	2	1	3	8	6	5	4
4	5	8	6	9	2	3	1	7
1	3	6	5	7	4	8	9	2

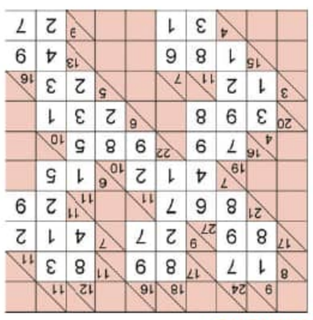
ALPHA TRIANGLE
N, Na, Can, Inca, Antic, Intact, Titanic.

GO FIGURE
3 + 8 + 6 − 7 = 10
Easy
9 + 5 − 3 + 3 = 14
Medium
6 + 2 x 9 / 8 = 9
Hard

LOOP



KAKURO



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 # It's a boy
Actress Parineeti Chopra and her politician husband Raghav Chadha welcomed a baby boy on Sunday. They shared the news on Insta with their followers in a joint post

In a festive mood

While Alia Bhatt celebrates it with family, for Huma it is all about warmth, laughter and nostalgia

Alia Bhatt celebrated the first day of Diwali, Dhanteras, with her mother-in-law, Neetu Kapoor, and others. The actress posted a picture from the celebration on her Instagram Stories and gave us insight into the Kapoors' pre-Diwali celebration.

Donning a shimmery golden saree with a matching blouse, Alia Bhatt looked absolutely stunning. She gave her ethnic look a modern twist with a choker and a mangteeka. She completed her avatar with open hair featuring a middle parting and golden-based makeup.

Apart from Alia Bhatt and Neetu Kapoor, the picture also featured Kareena Kapoor Khan and Karisma Kapoor.

Favourite festival

For Huma Qureshi, Diwali is all about warmth, laughter, and a bit of Delhi nostalgia. "Diwali is my most favourite festival ever — it's the most fun time!" she smiles, adding, "I'm from Delhi, and over there, the festivities start early — everyone's hopping from one house to another. I don't usually play cards, but Diwali is the one time of the year when we all do, and it's a lot of fun."

This year, Huma is looking forward to celebrating in Mumbai, even as the city slows down for the festive weekend.

—ETimes

SANDALWOOD
SHOTS
Y MAHESWARA REDDY

Sing along

The third song of Fraud Rishi was unveiled by lyricist-cum-director V Nagendra Prasad. Nee Hejja Itta Kadeyallella Gejjenada is penned by Rishi and sung by Rajesh Krishnan. All the guests appreciated the song.

"I have known Rishi for many years and am one of his fans. Rishi's song Olithu Maadu Manusha became a massive hit among music lovers. Now, he has become a hero. I wish him all the best," said Nagendra Prasad.

Rishi said that he too was a fan of Nagendra Prasad. "I wanted Nagendra Prasad to launch my song and now I have realised my dream. Fraud

Rishi has five songs and three of these are out. We wanted to launch the movie's songs before its shooting was over. Our objective is to connect with audiences before the movie is ready for release," said Rishi. He said the movie is set to go on floors by the end of this month. "My friends joined hands with me to bankroll this movie under the Nam Rishi Films banner. We are debuting as producers with this movie which will convey a good message to society," he said.

3D motion poster

The first look teaser and 3D motion poster of the much-awaited multilingual movie Koragajja were released with much fanfare. Two huge cut-outs of Koragajja were taken out in a procession featuring an all-women tiger dance troupe. Former minister Motamma, director-cum-producer Vijayalakshmi Singh and prominent personalities of Kannada film industry were present on the occasion. The movie went on floors three years ago and it is set to arrive in theaters shortly. It will be released in six languages.

"The shooting of the movie began three years ago. We faced a lot of hurdles during the shooting. I think no one has unveiled 3D motion posters in South India till date. With the blessings of God Koragajja, the movie has turned out well. The movie is the story of a 24-year old man who becomes Koragajja," said director Sudheer Attavar.

Heroine of yesteryears and producer-cum-director Vijayalakshmi Singh said that her husband Jai Jagadish and she wanted to bankroll the movie but abandoned the plan. Producer Trivikrama Sapalya said that he could not say no when the director narrated the script.

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